461 done and he turns on his television set, he is bombarded with commercials that seek to hypnotize his brain by making him believe he needs those products, when in reality he needs them like a hole in the head? Can a man know the meaning of true leisure when his head is throbbing with the bills he must meet on the morrow, the food he must buy and the clothing he must procure for his family, for which in many cases ready money is not available? Can a man who is harassed by and has pressing about him a hundred problems that must be reckoned with, find leisure or peace by escaping to the country for a weekend or by taking to drink?

Of course not! True relaxation and leisure are as far away from him as the moon!

Therefore, when I say that the people of Hunza know and enjoy the true thrill of leisure, I mean every [512] word of it sincerely. While they rise at 3.30 or 4 o'clock in the morning, they go to bed between 7 and 8, and in the winter time even earlier, if there is no celebration or dancing in the village. They are without doubt the most industrious people that I have met—especially in the East. Laziness is positively foreign to Hunza!

[481] Wherever I went I noticed that the Hunzans had ample time to talk and chat, and seldom did they appear to be in a hurry although whenever they walked, their walk was brisk—much more so than the average Western gait. In fact, this is one of their most recognizable and admired traits.

571 Lest anyone should get the impression that life in Hunza is dull, let me clearly emphasize that there is great fellowship between families and the selfsame group-gathering that we know of in our way of life is also practiced and followed by the people of Hunza. [796] Further, religious gatherings are quite frequent and play an important role in the social life of the people.